

## SERIES: IN THE HANDS OF A FAITHFUL GOD

## PART 3C: WE'RE ALL OUT OF EXCUSES

Taking responsibility for our own lives is incredibly important for to grow and mature in all seven areas of our lives defined by the acronym **SERFVIP**. It stands for your **Spiritual, Emotional, Relational, Financial, Vocational, Intellectual and Physical** areas of your life. So many people find it so hard to take responsibility for the **10 key treasures God has given to us. God expects us to take responsibility for our feelings, attitudes, behaviors, choices, limits, desires, thoughts, values, talents and love.**

**IV. Identify faulty belief systems.**

Ephesians 4:22-24 “**Throw off your old sinful nature and your former way of life, which is corrupted by lust and deception. 23 Instead, let the Spirit renew your thoughts and attitudes. 24 Put on your new nature, created to be like God--truly righteous and holy.**” When Adam and Eve first sinned in the garden their first response was to notice their nakedness and feel shame and humiliation. We can break out of the shame and humiliation by allowing God to reveal to us the thoughts and attitudes that we hold against ourselves which are untrue. “I’m worthless. I’m stupid. I’m a failure at relationships. I’m not loveable. I’m a bad person. I’m ugly. My life will never amount to anything. Everything I touch turns to disaster. When things go wrong, it’s always my fault. God can’t or won’t forgive me.” The Bible tells us to actively put off these attitudes by renewing our minds to what God says is true of you. Also, confessing these false belief systems and praying God’s healing over your mind and heart can bring freedom. Part of gaining our freedom is to repent of our faulty belief systems and, equally important, is to forgive those who had a part in forming those false beliefs about yourself. By forgiving them you cancel their debt against you. This sets you free to stop demanding the love from them or others you never received. You release them and in turn you release yourself from bondage.

**V. Discover the judgments you have made about yourself and others.**



Matthew 7:1-2 **“Do not judge others, and you will not be judged. 2 For you will be treated as you treat others. The standard you use in judging is the standard by which you will be judged.”** These are judgments that we make against ourselves that can ruin our relationship with God, ourselves and others. **Judgments like I’m stupid. I’m worthless. I’m a failure in relationships. I’m not loveable. I’m a bad person. I’m ugly. God can never love me. God can never use me for His purposes; I am just too damaged; God never hears or answers my prayers; God will never bless me like He does others; My life will never amount to anything; Everything I touch turns to disaster; I’m not masculine enough; I’m not feminine enough; When things go wrong, it’s always my fault; God can’t or won’t forgive me.** The Bible says that we have the power through our inner vows, defensive attachments, strongholds, faulty belief systems, judgments and self-hatred to sabotage and bring destruction on our lives. Proverbs 18:21 says, **“Death and life are in the power of the tongue, and those who love it will eat its fruit.”**

## **VI. Face any attachment to self-hatred and self-loathing.**

### **A. Embrace self-acceptance as you face the cross.**

Self-hatred obviously has an impact on our ability to accept ourselves, but also others. **The 2<sup>nd</sup> aspect of the great commandment Jesus said is to love your neighbor as yourself. The ability to accept God’s love for our wounded self is important, not just for our own healing, but that we might reflect the love of God, and let it shine out to others.**

### **B. Discern the difference between self-acceptance and self-actualization.**

Self-acceptance is not the same as self-actualization. The concept of self-actualization involves a person emphasizing and developing themselves apart from God. Self-actualization does not work because it is a form of idolatry. Romans 1:21-22 states where the road of self-actualization leads. **“Yes, they knew God, but they wouldn’t worship Him as God or even give Him thanks. And they began to think up foolish ideas of what God was**



like. As a result, their minds became dark and confused. **22 Claiming to be wise, they instead became utter fools.**” The Bible says only Jesus Christ can raise the new self to its full stature. Lockwood writes, **“The new self in God does not come as a result of introspection and self-analysis. It will only come when a person looks outside of themselves to Jesus and grasps the truth about themselves. He or she receives and walk in Jesus’ perspective on who Jesus says they are.”** To truly accept yourself means you come to a place where you actually die or actively put to death your own selfishness and pride that refuses to receive the truth of God. To truly accept ourselves involves the work of the cross in our lives. One of the first barriers that we get to remove is the self-flattery that often prevents us from discovering our self-hatred. Denial blocks us from seeing where we hate aspects of ourself and the self-loathing that comes with self-hatred. Please hear me, church. I believe we’re on the verge of a breakthrough for every one of us, but what I am teaching is critical for every one of us. We break the power of self-hatred when we embrace our weakness and admit that God’s grace is the antidote to our striving toward acceptability. To receive God’s grace , we have to give up to Jesus Christ. As we drop our masks and acknowledge the true center that comes with the New Birth, we get to embrace those life-giving attributes and abilities that have been pushed away and lost.

I want to lead those of you who are willing to pray a prayer of repentance with me and break, renounce and sever any ties that satan has had over your life because of the roots of stubbornness and unwillingness to turn towards God. Let’s pray together in faith. The prayer is on the screen in front of you. **“Father God, I come to You in Jesus’ name, my Lord and Savior. I acknowledge that in my heart, I have not agreed with Your assessment of me as revealed in Your Word. I have agreed with the negative messages of my youth and have lived from a false self, not the true self that You created me to be. I confess that I have hated myself. I repent for having indulged myself in this sin. Please forgive me, Lord, and cleanse me from this sin. Through the power of Your grace and Holy Spirit who lives in me, I renounce the sin of self-hatred, all negative inner vows and judgments that I and others have spoken over me, and I refuse its power over me. Lord, I sever any influence of judgments that have led to a fear of**



**rejection, a fear of intimacy, a fear of confrontation, any involvement with sexual intimacy outside of marriage. I repent and renounce any hatred towards women, towards men. Jesus, I repent of any judgments I have made over myself like: I'm stupid; I'm worthless; I'm a failure in relationships; I'm not loveable; I'm a bad person; God, you could never love me; God, you can never use me for Your purposes; I am just too damaged; God never hears or answers my prayers. I turn away from these judgments and any other judgments I have made over myself and others. I reject their power over me. Lord, break off of me now the longstanding effects of these sins and sinful attitudes as I bring them before You and acknowledge the work of Jesus on the cross. I ask You to reveal issues that have been hidden to me because of shame, and I ask You to do an ongoing work in my life. Please continue to cleanse me of my negative inner vows, self judgments and self-hatred, Lord, until I am fully free from its effects. It is in Jesus' name I pray and believe."**

**Communion: Luke 22:19-20 "Jesus took some bread and gave thanks to God for it. Then He broke it in pieces and gave it to the disciples, saying, 'This is My body, which is given for you. Do this to remember Me.' 20 After supper He took another cup of wine and said, 'This cup is the new covenant between God and His people--an agreement confirmed with My blood, which is poured out as a sacrifice for you.'"**